



## Take Steps— Prevent High Blood Pressure!

### What is blood pressure?

- Blood pressure is the force of the blood pushing against blood vessel walls.
- It is written as two numbers, such as 122/78.

High blood pressure is called the silent killer. It is a disease that has no warning signs

### Why is high blood pressure dangerous?

High blood pressure is a serious disease. When your blood pressure is high, your heart has to work harder than it should to move blood to all parts of the body.

If not treated, high blood pressure raises your chances of:

- Stroke
- Heart attack
- Kidney problems
- Eye problems
- Death

## Yuav Siv ntau Txuj Hau Kev— Txha le Tiv Thaiiv Tau Ntshaav Sab!

### Ntshaav ntoj yog dlaab tsis?

- Ntshaav ntoj yog ib yaam ntshaav kws yuam cov ntshaav moog tsoo tsua cov leeg ntshaav miv.
- Nws sau ua ob tug lej xws le 122/78.

Ntshaav Sab yog ib yaam mob kws txu tib neeg txuj sa ntsag tu. Nwg yog ib tug mob kws tsis muaj caij ceebtoom tsua leej twg paub le.

### Vim le cag Ntshaav Sab txha le yog ib yaam mob kws txaus ntshai?

Ntshaav Sab yog ib yaam mob kws tsiv ntshai heev le. Yog thau twg koj cov ntshaav ntoj sab heev lawm, koj lub plawv yuav ua num nhyaav tshaaj le qub txha le xaa tau cov ntshaav moog thoob taag nrho koj lub cev.

Yog tsis khu, Ntshaav Sab yuav muaj peev xwm ua tsua koj muaj feem ua le nuav:

- Hlwb nreg
- Plawv nreg
- Teebmeem tsua ob lub raum
- Muaj teeb meem tsua qhov muag
- Yuav ua tsua yug tuag tau
- Lub plawv yuav tsis ua num vim ntshaav ntoj los sib tshum ua ke
- Muaj roj khub tsua cov hab ntshaav lab hu tas atherosclerotic plaque.

## Yuav Siv Ntau Kauj Raum – Thiaj Tiv Thaiiv Tau Ntshav Siab!

### Ntshav ntoj yog dab tsi?

- Ntshav ntoj yob ib yam ntshav ua yuam cov ntshav mus tsoo rau cov leeg ntshav me.
- Nws sau ua ob tug lej xws li 122/78.

Ntshav Siab yog ib yam mob uas txo tib neeg txoj sia tu ntsiag to. Nws yog ib tug mob uas tsis muaj caij ceebtoom rau leej twg paub li.

### Vim li cas Ntshav Siab thiaj yog ib yam mob uas txaus ntshai?

Ntshav Siab yog ib yam mob uas tsiv ntshai heev. Yog thaum twg koj cov ntshav ntoj siab heev, koj lub plawv yuav ua hauj lwm nyhav tshaj qub thiaj li xa tau cov ntshav mus thoob tag nrho koj lub cev.

Yog tsis kho, Ntshav Siab yuav muaj peev xwm ua rau koj muaj feem ua li no:

- Hlwb nres
- Plawv nres
- Teeb meem rau ob lub raum
- Muaj teeb meem rau qhov muag
- Yuav ua rau yus tuag tau
- Lub plawv tsis ua hauj lwm vim ntshav ntoj los sib tshum ua ke
- Muaj roj khub rau cov hlab ntshav liab hu ua atherosclerotic plaques

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A healthy heart is in your own hands...

1. Get your blood pressure checked. Your doctor will tell you if your blood pressure is high.

A desirable blood pressure is less than 120/80. Even if your blood pressure is in the desirable range, have it checked at least once a year.

2. Take control! Follow the steps to lower your blood pressure if it is high.

Take steps to stay healthy now, so you won't have high blood pressure later.

#### **To prevent high blood pressure:**

Aim for a healthy weight. Try not to gain extra weight. Lose weight if you are overweight.

Try losing weight slowly, about half a pound to 1 pound each week until you reach a healthy weight.

Be active every day.

You can walk, dance, use the stairs, play sports, or do any activity you enjoy.

Use less salt and sodium in cooking.

Buy foods marked "sodium free," "low sodium," or "reduced sodium." Take the salt shaker off the table.

Lub plawv yuav zoo yog nyob ntawm koj tug kheej yog tug kws saib xyuas....

1. Moog ntsuas koj cov ntshaav, koj tug kws khu mob mam qha seb koj cov ntshaav puas sab.

Qhov ntshaav sab kws koj xaav tau yuav tsum qeg tshaaj 120/80. Txawm tas koj cov ntshaav sab nyob tsua qhov lej kws zoo lawm los koj yuav tsum moog ntsuas ib zag tauj ib xyoos twg.

2. Yuav tau tswj koj tug kheej! Xyaum cov hau kev tiv thaiv lug paab kuam koj cov Ntshaav Sab qeg tuaj yog tas nws sab heev.

Yuav tsum siv cov hau kev noj qab nyob zoo taam sim nuav es koj txha le tsis muaj ntshaav sab tsua yaav tom ntej moog.

#### **Key Tiv Thaiv Ntshaav Sab:**

Tswj kuam lub cev txhob rog. Tsis txhob pub nce phaus ntxiv moog. Yuav tsum ua kuam poob phaus yog tas koj rog dlhau lawm.

Maj mam ua kuam yuag zuj zug moog kuam poob le ½ phaus moog tsua 1 phaus ib as thiv twg kuam txog thaum koj hnyaav tab tom zoo.

Yuav tsum nyob qhuag nplag txhua nub.

Koj yuav tsum moog taug kev, fuab las voos, nce theem ntaiv, ntaus npas, los yog ncaws npas los yog ua tej yaam kws koj nyam ua kuam koj tawm fws.

Siv ntsev kuam tsawg thaum ua zaub mov noj.

Moog yuav tej yaam zaub mov kws muaj qhov sau hastas "tsis muaj sodium," "muaj sodium tsawg," los yog "txu sodiam tsawg ." Yuav tsum tshem lub fwj ntsev tawm ntawm lub rooj noj mov moog.

Lub plawv yuav zoo yog nyob ntawm koj tus kheej yog tus saib xyuas...

1. Mus ntsuas koj cov ntshav, koj tus kws khomob mam qhia seb koj cov ntshav puas siab.

Qhov ntshav uas koj xav tau yuav tsum qis tshaj 120/80. Txawm tias koj cov ntshav siab nyob rau qhov lej uas zoo lawm los koj yuav tsum mus ntsuas ib zaug tauj ib xyoos twg.

2. Yuav tau tswj koj tus kheej! Xyaum cov hauv kev tiv thaiv los pab Ntshav Siab kom koj cov ntshav siab qis tuaj yog tias nws siab heev.

Yuav tsum siv cov hau kev noj qab nyob zoo tam sim nov es koj thiaj li tsis muaj ntshav siab rau yav tom ntej mus.

#### **Key tiv thiav Ntshav Siab:**

Tswj kom lub cev txhob rog. Tsis txhob pub nce phaus ntxiv mus. Yuav tsum ua kom poob phaus yog tias koj rog dhau lawm.

Maj mam ua kom yuag zuj zus mus, kom kwv yees li 1 nrab teev mus rau 1 teev tauj ib lub lim tiam mus txog thaum uas koj hnyav haum lawm.

Yuav tsum nyob nquag plias txhua hnuv.

Xws li taug kev, seev cev, nce ntaiv, los yog ua tej yam uas koj nyiam ua kom koj tawm hws.

Siv ntsev kom tsawg thaum ua zaub mov noj.

Yuav tej zaub mov uas muaj qhov sau haistias, "tsis muaj sodium," "muaj sodium tsawg," los yog "txo sodium tsawg ." Yuav tsum tshem lub hwj ntsev tawm ntawm lub rooj noj mov.

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Cut back on alcohol. Men who drink should have no more than one or two drinks each day. Women who drink should have no more than one drink a day.

Pregnant women should not drink any alcohol.

If you have high blood pressure, don't give up. Take steps and you may be able to control or lower your high blood pressure.

To lower your high blood pressure:

1. Practice these steps:
  - Maintain a healthy weight.
  - Be active every day.
  - Eat fewer foods high in salt and sodium.
  - Cut back on alcoholic beverages.
2. Take your medicine the way your doctor tells you.
3. Have your blood pressure checked often.

**Check your blood pressure! Prevention is better than disease!**

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Yuav tsum txu kev haus dlej cawv. Cov quas yawg quav cawv yuav tsum tsis txhob haus ntau tshaj le 1 los yog 2 lub khob cawv tauj le ib nub twg. Quas puj quav cawv yuav tsum tsis txhob haus ntau tshaaj le 1 khob tauj ib nub twg.

Cov quas puj kws xeeb tub lawm yuav tsum tsis txhob haus cawv kag le.

Yog tas koj muaj Ntshaav sab lawm, tsis txhob taag kev ca sab. Vim tas koj muaj peev xwm tswj tau koj tug mob Ntshaav sab nuav kuam qeg.

Kev ua kuam Ntshaav sab nqeg yog:

1. Xyaum ua raws le nrag qaab nuav:
  - Tswj kuam tsis txhob rog
  - Nyob nquag nplag txhua nub.
  - Noj tej yaam zaub mov kws tsis dlaw ntsev kuam tsawg tsawg xwb.
  - Txu txuj kev haus dlej cawv.
2. Yuav tsum noj cov tshuaj raws le koj tug kws khu mob tau qha tseg tsua koj.
3. Nquag moog ntsuas koj cov ntshaav ua ntu zug.

**Moog ntsuas koj le zug ntshaav! Kev tiv thaiv zoo dlua le thau kws koj twb muaj kaab mob lawm!**

**Cov Txaj ntsig:** Txais yuav lug ntawm National Heart, Lung hab Blood Institute Easy-to-Read Heart Health. Tau muab txhais ua ntawv Moob Ntsuab hab Moob Dlawb lug ntawm Koomhum Moob Wausau. Tsim rua web lug ntawm Healthy Roads Media. ©2008. Muaj rua suav dlawg siv nyob huv [www.hmonghealth.org](http://www.hmonghealth.org) hab [www.healthyroadsmedia.org](http://www.healthyroadsmedia.org). Pub luam coj moog siv qha dlawb rua lwm tug tau.

Tsum txoj kev haus cawv. Cov txiv neej yuav tsum tsis txhob haus tshaj ib los ob khob tauj ib hnuv. Cov poj niam yuav tsum tsis txhob haus tshaj ib khob tauj ib hnuv.

Cov poj niam cev xeeb tub tsis txhob haus cawv hlo li.

Yog tias koj muaj Ntshav Siab lawm, tsis txhob tag kev cia siab. Vim tias koj muaj peev xwm tswj tau koj tus mob Ntshav Siab no kom qis.

Kev ua kom Ntshav Siab nqis yog:

1. Xyaum ua raws li nram qab no:
  - Tswj kom tsis txhob rog.
  - Nyob nquag plias txhua hnuv.
  - Noj tej zaub mov uas tsis daw ntsev kom tsawg tsawg xwb.
  - Txo txoj kev haus dej cawv.
2. Yuav tsum noj cov tshuaj raws li kws khomob tau hais rau koj.
3. Nquag mus ntsuas koj cov ntshav ua ntu zus.

**Mus ntsuas koj li zog ntshav! Kev tiv thaiv zoo dua li thaum uas muaj kab mob lawm!**

**Cov txiaj ntsim:** Txais yuav los ntawm National Heart, Lung thiab Blood Institute Easy-to-Read Heart Health. Tau muab txhais ua ntawv Hmoob Ntsuab thiab Hmoob Dawb los ntawm Kooshaum Hmoob Wausau. Tsim rau web los ntawm Healthy Roads Media. ©2008. Muaj rau sawv daws siv nyob hauv [www.hmonghealth.org](http://www.hmonghealth.org) thiab [www.healthyroadsmedia.org](http://www.healthyroadsmedia.org). Pub luam coj mus siv qhia dawb rau lwm tus tau.

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